
NIAGARA FALLS
YWCA
PROGRAMS

APRIL 10, 1989 TO AUGUST 25, 1989

Spring & Summer '89



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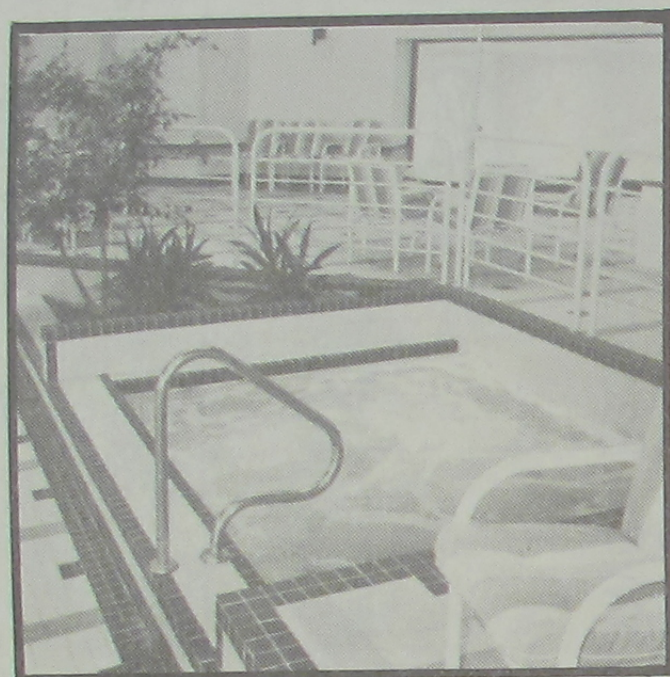
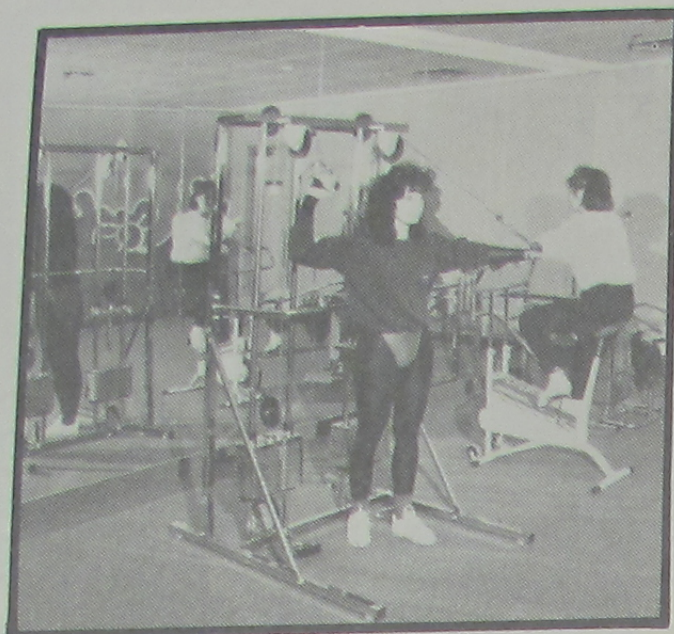
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* M denotes members
* NM denotes non-members

YWCA • 6135 Culp St., Niagara Falls, Ontario L2G 2B6

357-YWCA 357-9922



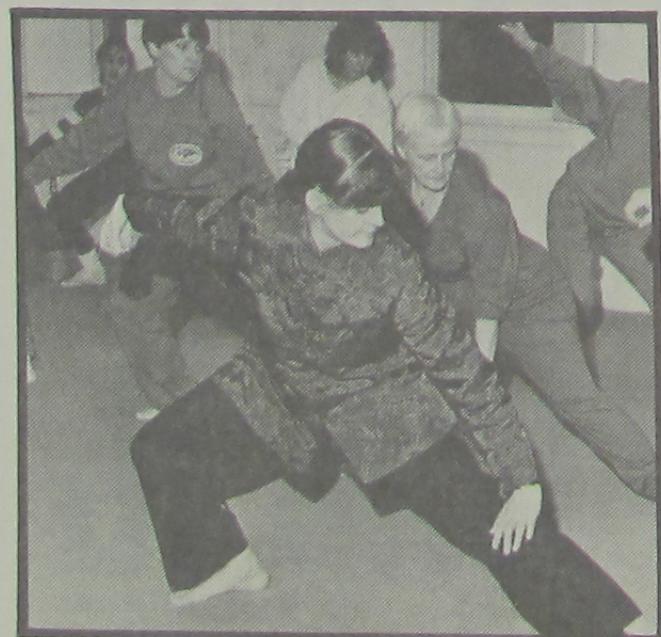
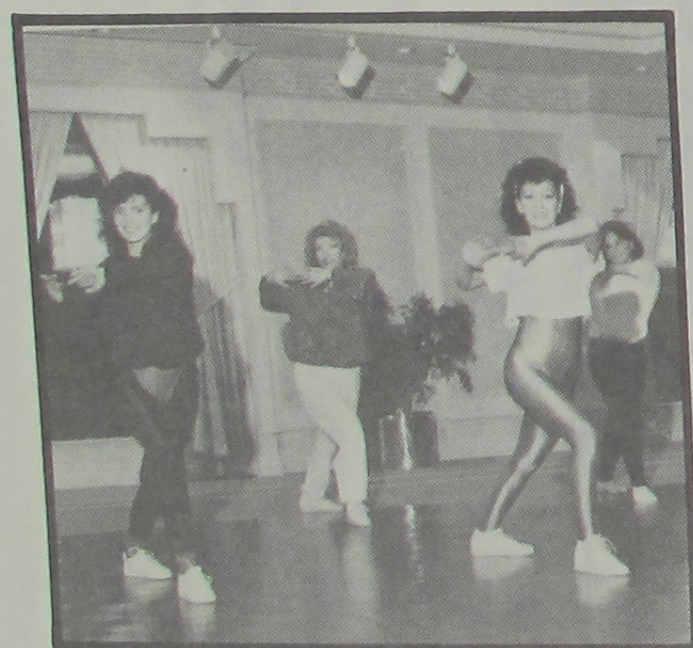
FITNESS & AQUATIC FACILITIES

The YWCA of Niagara Falls is pleased to offer our program participants, the use of fitness and pool facilities at the Ramada Hotel. A combination of superior instructors and a clean, luxurious environment make participation at the YWCA Aquatics or Fitness program more enjoyable. Spacious exercise facilities and a warm swimming pool surrounded by lush tropical plants, create a unique experience.

A YWCA Program at the Ramada offers in addition; the use of the sauna, whirlpool, change rooms, showers, daily use of lockers, free available parking, and accessibility by car or bus.

Ramada Hotel Fallsview
6455 Buchanan Avenue
Niagara Falls

Come Join Us!!



CHOOSE THE YWCA FITNESS PROGRAM THAT'S RIGHT FOR YOU !!

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9:00 - 10:00 a.m.			Watercise		
9:30 - 10:30 a.m.	Fitness A.M.	Take It Easy Exercise	Fitness A.M.	Take It Easy Exercise	Fitness A.M.
10:00 - 11:00 a.m.	Watercise	Watercise	Watercise	Watercise	Watercise
10:30 - 11:30 a.m.	Gentle Fit	Tai Chi Waist Away	Gentle Fit	Waist Away	Gentle Fit
1:00 - 2:30 p.m.				Yoga	
5:30 - 6:30 p.m.	Low Impact Aerobics	High Intensity Low Impact	Low Impact Aerobics	High Intensity Low Impact	
6:30 - 7:30 p.m.	60 Minute Workout	Stepping Out Dance Aerobics	60 Minute Workout	Tai Chi	Dance Aerobics
7:00 - 8:00 p.m.	Watercise	Watercise	Watercise	Watercise	

- Refer to pages 4 to 7 for detailed descriptions of the above programs
- All fitness and aquatic programs are held at the Ramada Hotel, 6455 Buchanan Avenue



FITNESS

A.M.



- Start your morning off with a moderate to advanced exercise class supplying you with renewed energy to get you through the rest of your day.
- When: Mon., Wed., Fri. 9:30-10:30 a.m. 12 weeks
April 10 - June 30, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Lynn Solodiuk
- Fee: \$58.00 M/\$66.00 NM per 12 week session

TAKE IT EASY

EXERCISE



- A fitness class focusing on flexibility, strength and endurance exercises. This program concentrates on the areas that concern you most. Flatten your stomach, trim your hips, and tone up your thighs! Join us for a dynamic work-out!
- When: Tues., Thurs. 9:30-10:30 a.m. 6 weeks
April 11 - May 18 6 weeks
May 23 - June 29
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Lynn Solodiuk
- Fee: \$29.00 M/\$37.00 NM per 6 week session

60 MINUTE

WORKOUT



- A good solid hour of exercises done to music. Recommended for those working at moderate to intense fitness levels.
- When: Mon., Wed. 6:30-7:30 p.m. 12 weeks
April 10 - June 28, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Mary Sparkes
- Fee: \$48.00 M/\$56.00 NM per 12 week session

GENTLE

FIT



- The "Take It Easy" exercise program in a 3 day per week format! The classes focus on flexibility, strength, and endurance exercises concentrating on the areas that concern you most.
- When: Mon., Wed., Fri. 10:30-11:30 a.m. 12 weeks
April 10 - June 30, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Lynn Solodiuk
- Fee: \$58.00 M/\$66.00 NM per 12 week session

HIGH INTENSITY

LOW IMPACT WORKOUT



- An advanced Low Impact aerobics class for those who want an intense class without the jarring of high impact activities. Do your heart (and knees) a favour!
- When: Tues., Thurs. 5:30-6:30 p.m. 12 weeks
April 11 - June 29, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Brenda Larouche
- Fee: \$48.00 M/\$56.00 NM per 12 week session



WAIST

AWAY

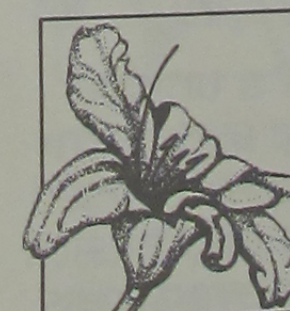
- A safe, gradual workout consisting of 15 minutes of cardiovascular work with the remainder of the 45 minute class concentrating on flexibility and strength exercises.
- When: Tues., Thurs., 10:30-11:30 a.m. 12 weeks
April 11 - June 29, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Fee: \$48.00 M/\$56.00 NM per 12 week session



LOW IMPACT

AEROBICS

- Tired of bouncing to get your heart rate up? Try our low impact aerobic class with lots of movement but no bouncing. An invigorating fitness class with a low impact cardiovascular workout, strength and stretch components.
- When: Mon., Wed. 5:30-6:30 p.m. 12 weeks
April 10 - June 28, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Catharine Palmer
- Fee: \$48.00 M/\$56.00 NM per 12 week session



STEPPING OUT

THE Y'S WALKING PROGRAM

- Walking! One of the best and easiest forms of cardiovascular exercise. Join us for fun, safe, refreshing outdoor walks. Meet new people and enjoy getting in shape at the same time.
- When: Tuesdays 6:30-7:30 p.m. 6 weeks
May 2 - June 6, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Catharine Palmer
- Fee: \$12.00 M/\$20.00 NM per 6 week session

MORNING

TAI CHI



- Tai Chi is both a martial art and a slow, stylized dance of exceptional beauty and grace. The aim of Tai Chi is to restore and maintain the natural, healthy state of the body. A unique form of exercise based on a sequence of slow, natural movements to develop flexibility and strength while helping to relax the mind and body. The movements are a combination of turn and stretch which work to release tension and allow every part of the body to be exercised without strain. Participants should wear loose comfortable clothing.

- When: Tuesdays 10:30-11:30 a.m.
April 11 - June 27, 1989 12 weeks
- Where: YWCA • Culp Street
- Instructor: Deborah Toth of Don Warrener's Martial Arts Academy
- Fee: \$54.00 M/\$62.00 NM per 12 week session

EVENING

TAI CHI



- An evening version of the Tai Chi class as described above. This program relaxes and rejuvenates the body while providing a wholesome focus for the mind. Tai Chi is gentle and simple. It can be practised by anyone, regardless of age, athletic ability or physical condition.

- When: Thursdays 6:30-7:30 p.m.
April 13 - June 29, 1989 12 weeks
- Where: YWCA • Culp Street
- Instructor: Deborah Toth of Don Warrener's Martial Arts Academy
- Fee: \$54.00 M/\$62.00 NM per 12 week session

YOGA

FOR BEGINNERS



- Balance your busy life with Kripalu Yoga. Yoga is a unique physical technique which helps to tone the body and calm the mind. Exercises are not strenuous and can be practised by everyone regardless of age, physical strength and health conditions. Yoga is easily learned and used to relieve stress and tension, replacing them with energy and vibrant health! Stretch outward ... relax inward.

- When: Thursdays 1:00-2:30 p.m.
April 20 - May 25, 1989 6 weeks
- Where: YWCA • Culp Street
- Instructor: Terry Potts of the Stress Wise Centre
- Fee: \$45.00 M/\$53.00 NM per 6 week session

DANCE

AEROBICS



- Enjoy getting fit to music in this class which combines the joy of dance with regular fitness exercises. Included will be a warm-up, low impact cardiovascular activity and strength and stretch exercises.

- When: Tues. and Fri. 6:30 - 7:30 p.m.
April 11 - June 30, 1989 12 weeks
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Vivienne Little
- Fee: \$48.00 M/\$56.00 NM per 12 week session



MORNING

WATERCISE

- Get maximum exercise value with a minimum of strain on joints and muscles. Exercises use the resistance of water to tone your muscles. Gravity is eliminated allowing a greater mobility range in water. Our watercise program is designed for gain without pain.

- When: Mon. & Wed. 10:00-11:00 a.m.
April 10 - June 28, 1989 12 weeks
- or
Tues. & Thurs. 10:00 - 11:00 a.m.
April 11 - June 29, 1989 12 weeks
- or
Wed. 9:00 - 10:00 and Fri. 10:00 - 11:00 a.m.
April 12 - June 30, 1989 12 weeks
- or
Mon., Wed., Fri. 10:00 - 11:00 a.m.
April 10 - June 30, 1989 12 weeks

- Where: Ramada Hotel • Buchanan Avenue
- Instructors: Helen Antonio & Debbie Willick
- Fee: \$42.00 M/\$50.00 NM for 2 classes per week
per 12 week session
\$63.00 M/\$71.00 NM for 3 classes per week
per 12 week session



EVENING

WATERCISE

- Get into shape during the spring months with a water exercise program. Classes include warmup, cardiovascular, strength and endurance, and cool down exercises. Excellent for non-swimmers.

- When: Mon. & Wed. 7:00-8:00 p.m.
April 10 - June 28, 1989 12 weeks
- or
Tues. & Thurs. 7:00 - 8:00 p.m.
April 11 - June 29, 1989 12 weeks
- Where: Ramada Hotel • Buchanan Avenue
- Instructors: Pamela Rizzo & Brenda Larouche
- Fee: \$42.00 M/\$50.00 NM per 12 week session

WOODCARVING



- An introductory course in the art of woodcarving, a relaxing and satisfying hobby for men and women of all ages.
- When: Tuesdays 7:00-9:00 p.m.
April 4 - April 25, 1989 4 weeks
- Where: YWCA • Culp Street
- Instructors: Charlie Coates & Leighton Spicer
- Fee: \$25.00 M/\$33.00 NM per 4 week session

WOMEN'S

SELF-DEFENCE



- A common sense approach to self-defence designed to build your confidence. This program offers practical ways for women to protect themselves based on acting intelligently when in trouble and preventing trouble from occurring. Learn techniques to increase your sense of security at home and on the street. For women of any age or physical capability.
- When: Thursdays 10:45-11:45 a.m.
April 20 - May 25, 1989 6 weeks
or
Thursdays 7:30 - 8:30 p.m.
April 20 - May 25, 1989 6 weeks
- Where: YWCA • Culp Street
- Instructor: Deborah Toth of Don Warrener's Martial Arts Academy
- Fee: \$35.00 M/\$43.00 NM per 6 week session

BALLROOM

DANCING



- Waltz on down to the Ramada Hotel for a ballroom dance class for adult beginners! From a professional dance instructor you will learn the waltz, fox trot, tango, samba and more. Become comfortable and confident on the dance floor.
- When: Mondays 7:30-8:30 p.m.
April 10 - June 19, 1989 10 weeks
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Gale Schock, Wendy Leard School of Dance
- Fee: \$45.00 M/\$53.00 NM per 10 week session

HEARTSAVER

CPR



- This course will certify you in one-rescuer adult cardio-pulmonary resuscitation, artificial respiration and response to choking (conscious and unconscious).
- When: Wednesday April 19, 1989 6:00 - 10:00 p.m.
(and April 26 if necessary)
- Where: YWCA • Culp Street
- Instructor: St. John Ambulance
- Fee: \$22.00 M/NM

PERSONAL STRATEGIES

FOR SUCCESS



- Discover your personal plan to maximize the life of that unique individual — you! Includes goal setting, choosing priorities, discovering your talents, strengths and desires.
- When: Tuesday April 16, 1989, 6:30 - 9:00 p.m.
- Where: YWCA • Culp Street
- Instructor: Deborah Toth
- Fee: \$30.00 M/NM

PERSONAL SAFETY

SEMINAR



- This seminar is for people who want to be safe and comfortable in everyday situations. An afternoon full of practical advice and realistic information, helps individuals increase their awareness of safe practices and learn avoidance of unsafe actions. This seminar is especially applicable for seniors and persons who live alone.
- When: Friday, May 12, 1989, 1:00 - 4:30 p.m.
- Where: YWCA • Culp Street
- Instructor: Deborah Toth of Don Warrener's Martial Arts
- Fee: \$16.00 M/NM

FITNESS LEADER

CERTIFICATION



- This 35 hour course is designed to provide theoretical knowledge to and practical training of individuals interested in conducting adult fitness classes. Course content will include: anatomy, physiology of exercise, nutrition, class design, program planning, leadership skills and practical teaching sessions. YWCA of Canada Fitness Leader Certification awarded upon completion.
- When: Thurs. 6:30-10:00 p.m. plus one Sat. TBA
April 20 - June 22, 1989 10 weeks
- Where: YWCA • Culp Street facility
- Instructor: Gerri Harris, YWCA of Canada Fitness Leader
- Fee: \$75.00 M/NM Manual is required at extra cost

WATERCISE WORKSHOP

FOR FITNESS LEADERS



- This workshop is designed for persons who have completed a Fitness Instructor's Course and would like to teach watercise classes. Designing a watercise program, presentation skills, use of equipment and resistance exercises are some of the topics included in this workshop.
- When: Saturday, 9:00 a.m. - 1:00 p.m.
May 13, 1989
- Where: Ramada Hotel • Buchanan Avenue
- Instructor: Gerri Harris, YWCA of Canada Fitness Leader
- Fee: \$20.00 M/NM

LADIES AND COED

SLOPITCH LEAGUES



- Ladies competitive and recreational, and Coed recreational slopitch leagues begin in early May. Prices include rules books, provision of bases, balls and umpires. New teams to the league will be accepted beginning March 27, 1989.
- Fee: Ladies Leagues (either Recreational or Competitive)
22 games plus playoffs
\$475.00 per team

Coed Recreational League
15 games plus playoffs
\$400.00 per team

GOLF

LESSONS



- Learn golf basics from a pro! Areas of instruction include grip, basic swings, strokes, etiquette and rules. Dates and times to be announced depending on course conditions. Call the YWCA for more information.

BABYSITTERS TRAINING COURSE

(12 years and older)



- Boys and Girls can become qualified, confident babysitters through this course. A *Canada Safety Council Certification* program which includes instruction in baby care, child activities, basic first aid procedures, fire safety and the responsibilities of babysitting. A perfect opportunity to become qualified for summer babysitting work!

- When: Thursdays 6:30 - 8:30 p.m.
April 20 - May 25, 1989
- Where: YWCA • Culp Street
- Instructor: Janey Burns, E.C.E.
- Fee: \$39.00 M/NM per 6 week session

6 weeks

SELF-DEFENCE

FOR TEENS



- A program similar to Women's Self-Defence (ref. page 8), but designed especially for teens!

- When: Thursdays 5:30 - 6:30 p.m.
April 20 - May 25, 1989
- Where: YWCA • Culp Street
- Instructor: Deborah Toth of Don Warrener's Martial Arts Academy
- Fee: \$35.00 M/\$43.00 NM per 6 week session

6 weeks

WATERBABIES

(under 1 year)



- For children under the age of one year, participating with one or both parents. This course level is geared to making parents and children comfortable in the water through individually focused activities that are built around play. The program provides an 'introduction' to water, covering topics such as water orientation, submersion, front and back position and front and back tows.
- When: Saturdays 10:30 - 11:00 a.m.
April 15 - July 1, 1989 12 weeks
- Where: Ramada Hotel • Buchanan Avenue
- Fee: \$48.00 M/\$56.00 NM per 12 week session

KINDERSWIM

(1 to 5 years)



- For children between the ages of one and five years, participating with one or both parents. This course is aimed at increasing the comfort level of parents and children in the water and heightening safety awareness and water skills through planned problem solving. The program provides experiences in water orientation, submersion, front and back floats, front and back movement skills and safety skills.
- When: Wednesdays 5:45 - 6:15 p.m.
April 12 - June 28, 1989 12 weeks
- Where: Ramada Hotel • Buchanan Avenue
- Fee: \$48.00 M/\$56.00 NM per 12 week session

AQUAKIDS

(3 to 5 years)



- For children between 3 and 5 years of age without parent participation in the water. Aquakids encourages children to develop their own methods for moving in the water through cooperative play activities and group interaction.
- When: Wednesdays 6:30-7:00 p.m.
April 12 - June 28, 1989 12 weeks
- Where: Ramada Hotel • Buchanan Avenue
- Fee: \$48.00 M/\$56.00 NM per 12 week session

RED CROSS SWIMMING LESSONS

(4 to 6 years)



- Yellow, Orange, Red and Maroon levels offered.
- When: Yellow Level • Sat. 9:00-9:30 a.m.
Orange Level • Sat. 9:30-10:00 a.m.
Red & Maroon Levels • Sat. 10:00-10:30 a.m.
April 15 - July 1, 1989 12 weeks
- Where: Ramada Hotel • Buchanan Avenue
- Fee: \$48.00 M/\$56.00 NM per 12 week session

PLAY & LEARN

LICENSED NURSERY SCHOOL

The Play & Learn Nursery School is a licensed preschool program providing a clean, safe, stimulating and caring environment for children 2-1/2 to 5 years of age. The quality of the program is ensured by government approved instructors certified as Early Childhood Educators. As the "Play & Learn" name suggests, the program is based on the philosophy that providing a positive and fun learning environment enhances the child's total development. Accordingly, a wide variety of activities are planned focusing on the child's emotional, social, physical and intellectual advancement.

During **Circle Time**, a quiet group activity, speech and comprehension skills are generated through stories, theme work, songs and finger plays. **Sand and Water Play** helps children

develop an understanding of mathematical and physical concepts. At

Craft Time, creativity is encouraged as budding artists experiment and investigate in the arts and crafts area.

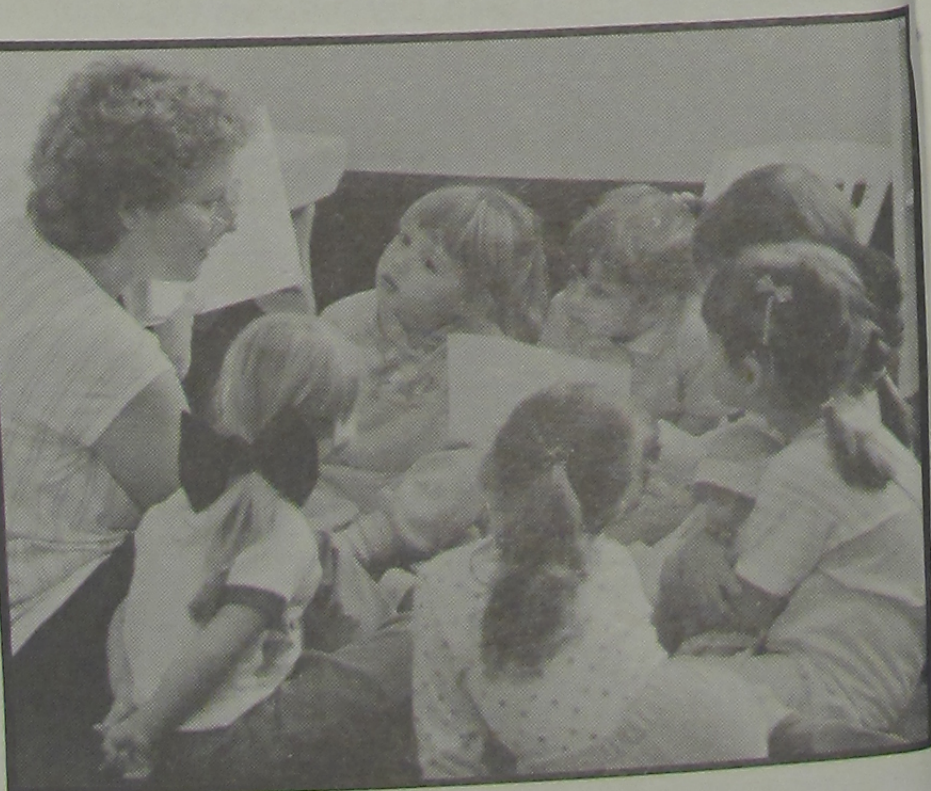
Active Play, outdoors as well as indoors, stimulates the senses and aids in the learning of both gross motor skills and co-ordination.

Through **Toy Play**, children learn social skills, develop fine motor co-ordination and sharpen their problem solving capabilities. **Dramatic, Imaginative Play** is creative and fun, and promotes children's exploration of their feelings. Children learn appropriate methods of expression and share positive social interactions.

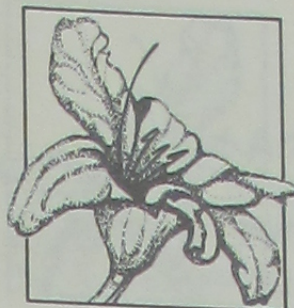
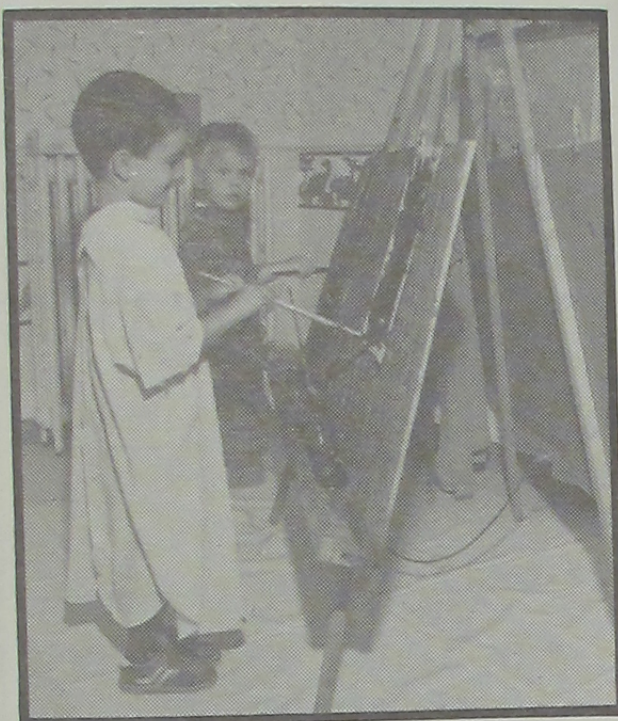
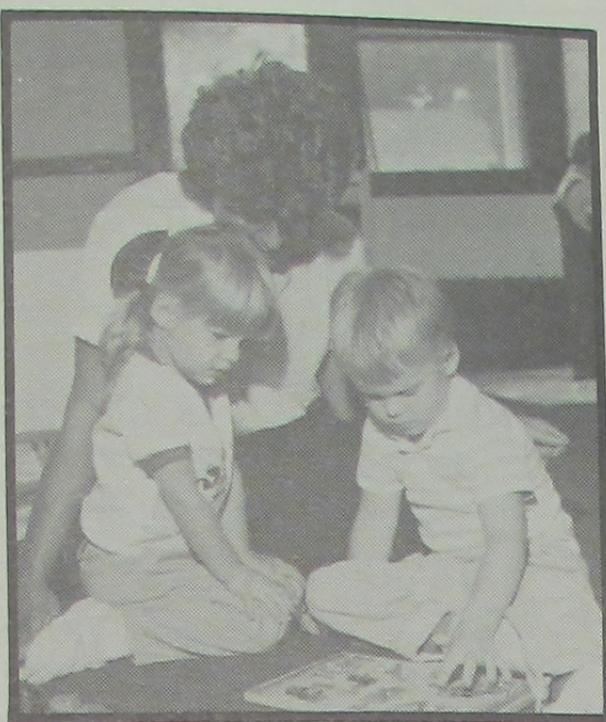
Play & Learn Nursery School is a comprehensive school-readiness program which both you and your child will love!!

- **When:** Mon. through Fri. 9:15-11:15 a.m. or 1:15-3:15 p.m.
April 3 - April 28, 1989
May 1 - May 26, 1989
May 29 - June 23, 1989
- **Where:** YWCA • Culp Street
- **Teachers:** Carol Vormittag Teacher (Kindergarten)
Patti Pasco E.C.E.
Deana Bell E.C.E.
- **Fee:** Cost per four week session:
\$78.00 M/\$86.00 NM for 3 days per week
\$52.00 M/\$60.00 NM for 2 days per week

Come join us.



YWCA • 6135 CULP ST. • NIAGARA FALLS



TODDLER TYME

(18 to 30 mos.)

- A special time for your child to interact and meet new friends while exploring our preschool room. Moms and Dads are welcome to stay and participate!
- **When:** Saturdays 10:00-11:00 a.m.
April 22 - June 24, 1989 10 weeks
- **Where:** YWCA • Culp Street
- **Instructor:** Patti Pasco, E.C.E.
- **Fee:** \$29.00 M/\$37.00 NM per 10 week session



MOM & ME

(18 to 30 mos.)

- A social and learning experience for mothers and preschoolers to develop sensory, music and motor skills in a warm relaxed atmosphere. Similar to Toddler Tyme, this program is a great weekday alternative.
- **When:** Mondays 9:30 - 10:30 a.m.
April 17 - June 26, 1989 10 weeks
- **Where:** YWCA • Culp Street
- **Instructor:** Carol Vormittag
- **Fee:** \$29.00 M/\$37.00 NM per 10 week session

SUMMER PROGRAMS



MY RAINBOW CAMP

(3 to 5 years)

- An enriched, integrated preschool summer day camp. Children participate in activities such as crafts, swimming, cooking, story times and singing. Music and group games will encourage cooperation and promote children's social and language skills. Creative arts will help your child develop small motor coordination. A fun and educational environment welcomes your child.
- **When:** 9:00-11:30 a.m. **or** 12:30-3:00 p.m. Mon. - Fri.
July 3 - July 28, July 31 - August 25
4 weeks per session
- **Where:** YWCA • Culp Street
- **Fee:** \$125.00 per month full day
\$65.00 per month half day
Extended care available upon request at extra cost

FITNESS

A.M.

- Start your morning off with a moderate to advanced exercise class supplying you with renewed energy to get you through the rest of your day.
- When: Mon., Wed., Fri. 9:30-10:30 a.m.
July 3 - August 25, 1989
- Where: YWCA • Culp Street
- Instructor: Lynn Solodiuk
- Fee: \$40.00 M/\$48.00 NM per 8 week session



8 weeks

TAKE IT EASY

EXERCISE

- A fitness class focusing on flexibility, strength and endurance exercises. This program concentrates on the areas that concern you most. Flatten your stomach, trim your hips, and tone up your thighs! Join us for a dynamic workout!
- When: Tues., Thurs. 9:30-10:30 a.m.
July 4 - August 24, 1989
- Where: YWCA • Culp Street
- Instructor: Lynn Solodiuk
- Fee: \$30.00 M/\$38.00 NM per 8 week session



8 weeks

EVENING

AEROBICS

- Develop muscular endurance, strength, flexibility and cardiovascular fitness. You'll look and feel great!
- When: Mon., Wed., Fri. 5:30-6:30 p.m.
July 3 - August 25, 1989
- Where: YWCA • Culp Street
- Fee: \$40.00 M/\$48.00 NM per 8 week session



8 weeks

LOW IMPACT

AEROBICS

- Try our low impact aerobic class with lots of movement but no bouncing. An invigorating fitness class with a low impact cardiovascular workout, strength and flexibility components.
- When: Tues., Thurs. 5:30-6:30 p.m.
July 4 - August 24, 1989
- Where: YWCA • Culp Street
- Fee: \$30.00 M/\$38.00 NM per 8 week session



8 weeks

MEMBERSHIP RATES

General Adults \$12.00 per year (women 18 and over)
Junior \$5.00 per year (girls ages 6 to 17)
Family \$17.00 per year (1 adult woman and children)
Sustaining \$35.00 per year
Lifetime \$1,000.00
Associate Memberships (Men and Boys)
Fall under the same categories and prices as above.

"MEMBERSHIPS ARE NON-REFUNDABLE"

PROGRAM REGISTRATION

- The Spring Session** begins the week of April 10th, 1989 and is 12 weeks in length. Spring registration will take place at the Culp Street facility starting March 20, 1989.
The Summer Session begins July 3rd, 1989 and is 8 weeks in length. Summer registration will take place at the Culp Street facility beginning June 12, 1989.
- We recommend you register at least one week before classes start in order to avoid confusion on the day of the class.
- Registration Office Hours at the Culp Street facility:
Monday to Friday — 9:00 a.m. to 9:00 p.m.
Saturday and Sunday — 9:00 a.m. to 1:00 p.m.
- All program enquiries should be directed to the YWCA staff at the Culp Street facility. **If you are encountering problems related to operation of YWCA programs, please direct all questions to the YWCA — 357-YWCA and not to the Ramada Hotel Staff.**
- Prices stated are for members (M) and non-members (NM).

REGISTRATION POLICY

The Niagara Falls YWCA accepts program registration in person requiring the appropriate remuneration for the cost of the program. No exception will be given to this policy regardless of staff, Board or other position.

This policy will ensure:

- An effective, efficient Program delivery preventing last minute program cancellation due to an inadequate financial base in which to operate such programs.
- Avoid turning customers away due to assumed maximum class size.

PROGRAM REFUND POLICY

Refund of classes will be issued only if:

- A medical certificate is produced stating inability to continue course with proof of payment. The request must be submitted to Department within the term of enrolment.
- The YWCA cancels the course.
- NO REFUND ON CLASSES MISSED.

Some courses require minimum enrolment. Should this not be reached, we encourage you to try another program.

CREDIT EXTENSIONS are given if medical certificate is obtained and notification given to the Department Director at the time reason for extension occurs. Credit extensions are valid for one year from the date of issue.

ADMINISTRATION CHARGE of \$2.00 will be applied to ALL refunds given.

The Niagara Falls YWCA reserves the right to cancel or alter classes, times, costs, or locations outlined in this brochure without notice, if required, due to registration, change or policy, or availability of facilities or instructors.



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